

DAKOTA COUNTY HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate for the adult population was significantly better for one indicator. Fewer Dakota County adults currently have asthma.
- Compared to the state, Dakota County rates were significantly worse than Nebraska rates for 12 indicators. A greater proportion of Dakota County respondents stated they had no health insurance and more adults said there had been at least one time in the past 12 months when they had not been able to visit the doctor due to cost of care. Fewer adults reported having their cholesterol level checked in the past five years or ever having it tested at all. More adults indicated they had not participated in any leisure-time physical activity in the past month. A smaller proportion of adults aged 50 and older ever had a colonoscopy or sigmoidoscopy and fewer adults aged 65 and older ever had a pneumonia vaccination or had a flu shot in the past 12 months. In addition, fewer adults had visited the dentist or had their teeth cleaned in the past year and more adults aged 65 and older had lost all of their teeth to tooth decay or gum disease.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults in this county who reported having “good” to “excellent” health was also significantly lower than the state rate. However, the rate for this indicator improved significantly in Dakota County in 2007-2008, compared to 2005.

HEALTH CARE ACCESS

In 2007-2008, 24.4 percent of Dakota County residents aged 18 to 64 years reported having no health insurance at the time of the survey. This rate is significantly worse than the rate for Nebraska.

Among Dakota County adults, 17.9 percent did not have a personal doctor or health care provider.

At some time in the past year, 15.3 percent of Dakota County adults needed to see a doctor but could not due to the potential cost of care. Adults and women (18.7 percent) in this County were significantly more likely than their counterparts statewide to report being unable to visit a physician due to cost of health care.

Six out of ten adults (63.8 percent) reported visiting a doctor for a routine checkup in the past year. Men in Dakota County (61.6 percent) were significantly more likely than men statewide to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In Dakota County, 16.7 percent of adults indicated their household was not prepared for a major disaster. Nearly three-fourths of adults in this county (72.0 percent) stated that they did not have a written disaster evacuation plan.

One-half of BRFSS respondents in Dakota County (49.9 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 14.8 percent of households said they did not. Similarly, 10.0 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

One in six households (17.4 percent) did not have a working battery-powered radio and 4.6 percent did not have a working battery-powered flashlight, at the time of the survey.

The great majority of BRFSS respondents in Dakota County said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 3.6 percent stated they would not do so.

Approximately three-fourths of Dakota County adults (72.3 percent) would use a cell phone as their primary means of communication with family and friends in an emergency situation. One-half (51.0 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among Dakota County adults, 82.4 percent considered their general health “good”, “very good”, or “excellent”. This proportion was significantly lower than the

Nebraska rate. However, the rate for this indicator improved significantly compared to 2005 (66.8 percent). Prevalence of good to excellent health was also significantly lower for both males and females in this county than the state rates by gender.

Dakota County adults averaged 2.8 days in the past month when their physical health was “not good” and 3.0 days when their mental health was “not good”. Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.3 days in the past month.

DISABILITY

In 2007-2008, 14.9 percent of adults in this county stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.5 percent of adults in Dakota County.

MENTAL HEALTH

Only 3.7 percent of Dakota County adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 6.5 percent of adults.

A larger proportion of adults (12.0 percent) said they had ever been diagnosed with a depressive disorder, while 10.0 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In Dakota County, 3.1 percent of adults said they ever had a heart attack. A significantly greater proportion of men (5.1 percent) reported ever having a heart attack, compared to women (1.3 percent).

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.6 percent in this county, while 2.6 percent said they were ever told they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 28.8 percent in 2007.

More than six of every ten respondents (63.9 percent) ever had their cholesterol level checked and 59.0 percent had it tested in the past five years. These screening rates were significantly lower than the rates for Nebraska. In addition, prevalence of cholesterol screening was significantly lower for males and for females in this county, compared to Nebraska rates.

Among respondents who ever had their blood cholesterol level checked, 29.4 percent had been told it was high.

DIABETES

Among Dakota County residents, 8.3 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

More than one-fourth of adults in this county (27.7 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults who had ever been told they had asthma was 8.6 percent, while 4.9 percent currently have this disease. The proportion that currently have asthma is significantly smaller than the Nebraska rate of 7.7 percent.

OVERWEIGHT AND OBESITY

More than three in ten adults residing in Dakota County (31.2 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 39.8 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, seven in ten adults (71.0 percent) were overweight or obese in 2007-2008.

Men in this county (46.2 percent) were significantly more likely than women (33.3 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

One-fifth of Dakota County adults (19.5 percent) consume fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

Nearly one-third of respondents in this county (31.4 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month. This rate is significantly greater than the Nebraska rate. In addition, physical inactivity was significantly more prevalent among both men (30.7 percent) and women (31.9 percent) in Dakota County than corresponding rates for men and women in Nebraska overall.

However, 46.7 percent had participated in the recommended level of “moderate and/or vigorous” physical activity in a usual week. The recommended level of “vigorous” physical activity in a usual week was reported by 28.3 percent of Dakota County respondents, with a significantly greater proportion of men (35.8 percent) reporting this level of activity, compared to women (20.7 percent).

TOBACCO USE

Among Dakota County adults, 18.4 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 48.6 percent reported trying to quit smoking at least once in the past 12 months.

In this county, 37.4 percent of men said they had ever used smokeless tobacco, while 14.8 percent report currently using these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking was reported by 16.2 percent of Dakota County adults, while a much smaller proportion of respondents (3.9 percent) indicated they engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 3.3 percent of adults in this county in the last month.

CANCER SCREENING

Among women aged 40 and older in Dakota County, 66.3 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 94.3 percent reported ever having a Pap test, while 73.3 percent said they had this test within the past three years.

Most men aged 50 and older (76.4 percent) in Dakota County indicated that they ever had a PSA test to screen for prostate cancer, while 59.6 percent said they had this test in the past two years.

A significantly smaller proportion of adults aged 50 and older in Dakota County (48.5 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to Nebraska.

One-fifth of respondents in this age group in this county (21.0 percent) stated they had blood stool testing done in the past two years.

IMMUNIZATION

Less than two-thirds of adults aged 65 and older in Dakota County (65.2 percent) said they had been vaccinated for influenza in the past 12 months—a significantly smaller proportion than the rate for Nebraska overall. Vaccination rates were also significantly lower for men (63.0 percent) and women (66.8 percent) in this county than they were for their counterparts statewide.

The proportion of adults aged 65 and older who ever had a pneumonia vaccination was significantly lower in Dakota County (61.4 percent) than in Nebraska overall and for women in this age group (63.6 percent) in this county, compared to women statewide.

ORAL HEALTH

Only 61.8 percent of adults in Dakota County had visited a dentist in the past 12 months and 59.9 percent had their teeth cleaned within the last year. Both these rates are significantly lower than the corresponding rates for adult Nebraskans. Significantly smaller proportions of Dakota County women also reported a dental visit or a dental cleaning in the last year, compared to women statewide.

More than one-third of adults in this county (38.9 percent) stated they had one or more teeth extracted due to decay or gum disease.

Compared to the state, significantly greater proportions of adults (28.4 percent) and men (31.3 percent) aged 65 and older reported having all their teeth extracted because of these dental problems.

DAKOTA COUNTY HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	818	24.4	Sig.	326	22.6	Sig.	492	26.3	Sig.
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,168	17.9	NS	431	22.8	NS	737	13.0	NS
3. Needed to see a doctor in past year but could not because of cost	1,168	15.3	Sig.	431	11.8	NS	737	18.7	Sig.
4. Visited a doctor for a routine checkup within the past year	1,147	63.8	NS	426	61.6	Sig.	721	66.0	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	424	16.7	NS	163	11.2	NS	261	22.4	NS
2. Household has no disaster evacuation plan	426	72.0	NS	161	70.8	NS	265	73.3	NS
3. Does not have at least 3-day supply of water	426	49.9	NS	160	45.2	NS	266	54.6	NS
4. Does not have at least 3-day supply of non-perishable food	429	14.8	NS	162	11.8	NS	267	18.8	NS
5. Does not have at least 3-day supply of prescription drugs	428	10.0	NS	163	10.1	NS	265	9.6	NS
6. Household has no working battery-powered radio	426	17.4	NS	161	11.7	NS	265	22.7	NS
7. Household has no working battery-powered flashlight	427	4.6	NS	161	3.4	NS	266	6.0	NS
8. Household would not leave home if evacuation were required	399	3.6	NS	148	4.6	NS	251	2.7	NS
9. Household would use cell phone as main source of communication	412	72.3	NS	161	70.0	NS	251	74.3	NS
10. Household would use radio as main source of information	401	51.0	NS	158	55.4	NS	243	48.5	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,167	82.4	Sig.	430	82.9	Sig.	737	81.7	Sig.
2. Average number of days (in past month) that physical health was not good	1,149	2.8	NS	424	2.3	NS	725	3.2	NS
3. Average number of days (in past month) that mental health was not good	1,156	3.0	NS	428	2.3	NS	728	3.6	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	539	3.3	NS	166	3.2	NS	373	3.5	NS
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,166	14.9	NS	430	13.4	NS	736	16.2	NS
2. Have health problems requiring use of special equipment	1,166	5.5	NS	429	5.4	NS	737	5.4	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	215	3.7	NS	73	0.9	NS	142	6.4	NS
2. Have current depression (based on Severity of Depression score of 10+)	214	6.5	NS	76	3.9	NS	138	8.1	NS
3. Lifetime diagnosis of depressive disorder	227	12.0	NS	85	6.3	NS	142	16.8	NS
4. Lifetime diagnosis of anxiety disorder	228	10.0	NS	85	5.6	NS	143	14.3	NS

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,160	3.1	NS	425	5.1	NS	735	1.3	NS
2. Ever told they had angina or coronary heart disease	1,156	3.6	NS	426	4.7	NS	730	2.7	NS
3. Ever told they had a stroke	1,169	2.6	NS	431	3.8	NS	738	1.6	NS
4. Ever told blood pressure was high	473	28.8	NS	169	32.2	NS	304	25.0	NS
5. Ever had cholesterol level checked	461	63.9	Sig.	166	63.3	Sig.	295	64.8	Sig.
6. Had cholesterol level checked during the past five years	458	59.0	Sig.	166	58.0	Sig.	292	60.3	Sig.
7. Ever told cholesterol was high, among those who had ever been screened	340	29.4	NS	121	32.6	NS	219	26.2	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,168	8.3	NS	431	8.6	NS	737	8.1	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	465	27.7	NS	164	24.4	NS	301	30.5	NS
ASTHMA									
1. Ever told they had asthma	1,169	8.6	NS	431	7.7	NS	738	9.2	NS
2. Currently have asthma	1,166	4.9	Sig.	430	3.5	NS	736	6.1	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,087	31.2	NS	412	32.0	NS	675	30.3	NS
2. Overweight (BMI=25.0-29.9)	1,087	39.8	NS	412	46.2	NS	675	33.3	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	465	19.5	NS	164	15.0	NS	301	23.5	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,168	31.4	Sig.	432	30.7	Sig.	736	31.9	Sig.
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	438	46.7	NS	156	48.3	NS	282	44.6	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	450	28.3	NS	158	35.8	NS	292	20.7	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,169	18.4	NS	431	17.8	NS	738	19.0	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	226	48.6	NS	89	48.4	NS	137	49.7	NS
3. Ever used smokeless tobacco (males)	--	--	--	248	37.4	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	88	14.8	NS	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	465	16.2	NS	164	21.0	NS	301	11.3	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,140	3.9	NS	418	5.1	NS	722	2.7	NS
3. Engaged in drinking and driving in the past 30 days	285	3.3	NS	133	4.6	NS	152	1.6	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	426	66.3	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	578	94.3	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	571	73.3	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	49	76.4	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	47	59.6	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	51	85.0	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	49	53.8	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	496	48.5	Sig.	172	46.4	NS	324	50.2	NS
9. Among adults aged 50+, had a blood stool test in past two years	453	21.0	NS	163	19.2	NS	290	22.5	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	349	65.2	Sig.	105	63.0	Sig.	244	66.8	Sig.
2. Ever had a pneumonia vaccination (aged 65+)	346	61.4	Sig.	104	58.5	NS	242	63.6	Sig.
ORAL HEALTH									
1. Visited the dentist in past 12 months	682	61.8	Sig.	254	63.3	NS	428	60.2	Sig.
2. Had teeth cleaned in past 12 months	602	59.9	Sig.	228	60.1	NS	374	59.5	Sig.
3. Had one or more teeth extracted due to decay or gum disease	683	38.9	NS	259	39.9	NS	424	37.9	NS
4. Had all of their teeth extracted (aged 65+)	207	28.4	Sig.	68	31.3	Sig.	139	26.2	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska